

Sanctification of Sunday and Holy Days
for those who can't go to Mass

D: In the name of the Father, and of the Son, + and of the Holy Ghost. Amen.

A: Amen.

D: Let us make a brief examination of conscience.

(Pause)

I confess to almighty God, to the blessed Mary ever Virgin, blessed Michael the Archangel, blessed John the Baptist, the holy Apostles Peter and Paul, to all the Saints, and to you, brothers, that I have sinned exceedingly in thought, word, and deed, through my fault, through my fault, through my most grievous fault. Therefore I beseech the blessed Mary, ever Virgin, blessed Michael the Archangel, blessed John the Baptist, the holy Apostles Peter and Paul, all the Saints, and you, brothers, to pray to the Lord our God for me.

D: Let us ardently desire to receive Our Lord spiritually.

A: I believe, O my Jesus, that You are present in the Most Blessed Sacrament. I love You above all things, and I desire to receive You into my soul. But since I cannot now receive You sacramentally, come spiritually into my heart. And as if I had already received You, I embrace You and unite myself entirely to You; never permit me to be separated from You. Amen.

(Moment of silence welcoming Jesus spiritually)

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within Thy Wounds hide me.

Suffer me not to be separated from Thee.

From the malignant enemy, defend me.

In the hour of my death, call me,

And bid me to come to Thee.

That with Thy saints, I may praise Thee.

Forever and ever. Amen.

Prayer of the Holy Rosary with the Litany

Remember

D: Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired by this confidence, I fly to you, O Virgin of virgins, my Mother. To you do I come, before you I stand, sinful and sorrowful. O

Mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer me. Amen.

Saint Joseph Prayer

A: To you, O blessed Saint Joseph, do we come in our tribulation, and having implored the help of your most holy Spouse, we confidently invoke your patronage as well. Through that sacred bond of charity which united you to the Immaculate Virgin Mother of God, and through the paternal love with which you embraced the Child Jesus, we humbly beg you to look graciously upon the inheritance which Jesus Christ has purchased by His Blood, and with your power and strength to aid us in our necessities. O most provident guardian of the Holy Family, protect the chosen people of Jesus Christ. Keep far from us, O most loving father, all blight of error and corruption. Assist us from heaven, O most mighty protector, in our struggle with the powers of darkness. And as once you rescued the Child Jesus from deadly peril, so now defend God's Holy Church from the snares of her enemies and from all adversity. Shield each one of us with your unceasing patronage, that, following your example and supported by your aid, we may be enabled to live a virtuous life, die a holy death, and secure everlasting happiness in heaven. Amen.

Holy Angel of the Lord

A: Holy Angel of the Lord, my zealous guardian, if Divine Providence has entrusted me to you, always guide me, guard me, govern me, and enlighten me. Amen.

St. Michael's little exorcism

A: St. Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen

D: Most Holy Heart of Jesus (x3)

A: Have mercy on us!

Readings of the day

After the epistle A: Deo Gratias.

After the Gospel A: Laus tibi, Christe!

D: In the name of the Father, and of the Son, and of the Holy Ghost.

A: Amen.